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January 27, 2021

Collagen English Muffins: Keto GF DF THM All-Fuels



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Collagen English Muffins have it all, without the carbs or fat! High-protein, gluten-free, dairy-free, nut-free, keto, and THM All-Fuels!

Well y'all, I did it again. Another game-changer THM/keto "bread" recipe. 🤖 It's mostly an English muffin recipe, but you'll see that it's actually much more than that. And, while it's technically a "microwave keto bread" recipe, it's unlike any others out there. Microwave keto English muffin recipes are literally a dime a dozen but this one actually looks and tastes like it was baked, is so soft and light, and with "nooks and crannies" galore! Also, unlike other recipes, these Collagen English Muffins are high-protein and are NOT made of nut-flours. And they can be made 100% dairy-free and nut-free! Of course, they are gluten-free, as well! Oh and they're compatible with **ALL** THM fuel settings! Oh and they're essentially **ZERO NET CARB!!!** 🍌🍌

THM All-Fuels

Collagen Keto English Muffins

GF DF Nut-Free



blissfullyprepared.com

Gluten-free AND nut-free?! So what's in Collagen English Muffins?

The main players:

Oat Fiber: Made from the fibrous hulls of oats and is pretty much pure fiber (and zero calorie and net carb). It's NOT the same as oat bran or oat flour and usually has to be purchased online. I use [Lifesource](#) brand. If you don't have oat fiber, are paleo, or can't tolerate oats, there's good news: I have tested these with coconut flour and it works as a substitute! Since coconut flour is more absorbent than oat fiber, less is needed. For a single-serve amount, just use 1.5 TBS coconut flour instead of 2 TBS oat fiber. The macros will change some, though, and is roughly 102 calories, 2.3g net carbs, 3.6g fat, and 9.3g protein per serving. Keep in mind that coconut flour is not allowed in THM Deep-S, but these are still compatible with the other THM fuel settings.



Deep-S Eggs Benedict!!! 😊

Collagen Peptides: The collagen in this recipe provides protein and structure while keeping the English muffins soft and moist. Not to mention, collagen is quite the [superfood](#) and is dairy-free, too! While it is possible to substitute whey protein isolate (though 25% less), I would not recommend whey protein isolate in this recipe as it makes these quite dry tasting.

Psyllium: Like oat fiber, psyllium is also basically pure fiber while having almost no calories or net carbs. It helps keep these English muffins moist and gives them a “bread-like” quality without gluten. It may be possible to substitute golden flaxseed meal but I have not tested it (and it would make these no longer Deep-S compatible). I use [NOW Whole Psyllium Husks](#) and grind them into a fine powder in my coffee/spice mill BEFORE measuring. Psyllium powder would likely work fine, as well. I have not tried unground psyllium like the THM Psyllium flakes but, if you try it, you will likely need to add more because 1 TBS of psyllium flakes is equal to about 1 tsp of ground psyllium (so you’ll need about 3x the recipe amount).

 Collagen English Muffins

Why this is a microwave recipe

Like with my other “bread” recipes, I expected this to be an oven recipe. I’ve just never been a big fan of breads/cakes/etc that are cooked in the microwave. I actually only recently started using a microwave again after probably 15+ years of living without one after reading [this](#).

I had a beautiful recipe, prepared with yeast and allowed to rise for 30 minutes before baking, like traditional English muffin recipes. But it would take a full hour to bake them, and, while they would be fully cooked, the crumb would still feel “wet”.

I literally tried everything to fix this and almost just scrapped this recipe altogether. Seriously, I tried every ingredient combination! (It appears to have to do with the collagen in the recipe) But then I tried it in the microwave and it worked beautifully! And it was sooo much easier and quicker!

If you don't have a microwave and still want to make these, you can bake them. But, they will need to bake for a full hour at 350*. They will need to be toasted before eating since the crumb will likely be slightly "wet".

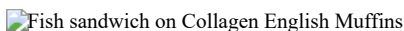


Keto "Egg McMuffin", Deep-S style
with (runny yolk) egg and Canadian
bacon on Collagen English Muffin. 😊

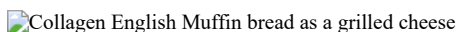
This isn't just an English Muffin recipe

While these make excellent English muffins, there are other awesome things that can also be made from this recipe!

They make great buns or sandwich rolls/bread! I'll include instructions below. But here's a few of the sandwiches I've made with this recipe:



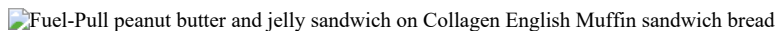
Deep-S fish sandwich on Collagen
English Muffin bun with Chosen
Foods mayo, butter lettuce and sugar-
free bread and butter pickles. 😊



THM-S Buttery Grilled Cheese made
on Collagen English Muffin bread
(made in rectangular Pyrex dish) 😊



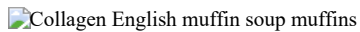
Fuel-Pull turkey sandwich with Laughing Cow Light Cheese,
red onion, tomato, sugar-free bread and butter pickles
and butter lettuce on Collagen English Muffin bun. 😊



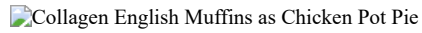
Fuel-Pull PB&J sandwich (reconstituted peanut powder peanut
butter and [sugar-free strawberry jam](#)) on Collagen English Muffin
single-serve square bread (made in a 4 cup square Pyrex). 😊



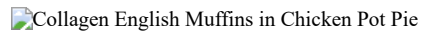
They even make yummy all-
fuels hot dog buns! 🌭 😊



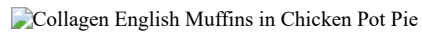
This batter also makes great soup muffins! Here I'm having them with a Deep-S soup! 😊 One serving makes 2 muffins. These were ready in less than 90 seconds (though I did put in air-fryer for couple minutes to brown them)!



You can even use this batter as an All-Fuels topping for Chicken Pot Pie or other savory dishes! Here I made a low-fat THM-E Chicken Pot Pie. I precooked the batter in the microwave until firm (traced size on parchment paper first and spread batter to size) and then put on top of my pie filling and baked at 350* for 30 minutes. SO.GOOD. And SO.EASY!!!

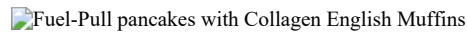


Dairy-free THM-E Chicken Pot Pie! 😊



Digging in! 😊

But that's not all! I've also discovered that you can make soft and fluffy pancakes with this recipe, too! I'll include directions below.



This is a 2 serving Collagen English Muffin recipe, cooked as pancakes, for a high-protein, dairy-free Fuel-Pull breakfast! With [sugar-free maple syrup](#) on top. 😊

How to make Collagen English Muffins (and other things!)

While this is a “microwave keto bread” recipe, there is a little more to it than just stirring ingredients together in a mug and hitting start. But it's still much quicker and easier than most “bread” recipes! And you can make this recipe either as a single-serving or 4 servings (or any other amounts that you want to make). I personally like to make 4 servings and keep the extras in the freezer (they freeze and reheat well).

For a classic English muffin, I like to first cook the batter in the skillet before transferring to the microwave. Same with the pancakes. I cook the buns/sandwich bread directly in the microwave. And then, once the English muffins and buns are fully cooked, I then like to put them in my [air-fryer](#) (oven/toaster oven would work, too) for about 5 minutes to give them more of a crispy/chewier “just baked” crust. Of course this part is optional, especially if you plan to toast them before eating anyway.

I’m including pretty detailed instructions with tons of pictures. Don’t let that intimidate you. These are really quick and easy to make! Even the classic English muffin method. It’s really much like making pancakes but it uses Mason jar rings to mold them into an English muffin shape. If you’re unsure, just try the single-serving version first to get the hang of things and then try the 4 muffin version once you get a feel for things.

With all the versions of this recipe, you will want to start them like this:

First, bring the wet ingredients to room temperature. I quickly do this by measuring and mixing my wet ingredients into a bowl or measuring cup and submerging the container in hot tap water for a few minutes while I gather my other ingredients. No matter what you make with this recipe, it will be lighter and fluffier if you start with room temperature ingredients. Tip: If making the full recipe (4 servings), you can quickly warm the “milk” and egg whites in the microwave in 5-10 second increments (takes mine about a total of 17 seconds).

I also like to measure most of my ingredients on a [digital scale](#) for accuracy. Gluten-free baked goods almost always turn out better when the ingredients are weighed in grams.

Also, like with all gluten-free recipes, results will vary with different ingredient brands. I have linked the specific brands (in the recipe card) that I used to make mine. If you use different brands, or are making any substitutions, first try these as a single-serve to see how they turn out with your specific ingredient brands.

 Collagen English Muffins ingredients

Ingredients prepped and ready to go!

Classic Collagen English Muffins:

When my ingredients are all measured and at room temperature, I add my wet ingredients to my dry ingredients and whisk until just mixed. Then I start heating my skillet while the ingredients absorb and expand. Like almost all my recipes, I like to let my batter/dough rest for about 5 minutes before cooking. The batter will puff up a lot after mixing but will really be just barely thicker than pancake batter.

 Collagen English Muffin batter

Ingredients whisked until just mixed. And then sit for about 5 minutes while I heat my skillet.

I don’t have actually English muffin rings/molds so I use Mason jar rings instead. I spray them with coconut oil spray to keep the batter from sticking.

 Heating skillet for Collagen English Muffins

I use Mason jar rings as my English muffin molds.

I then portion the batter into the sprayed rings in my hot skillet (at medium heat) and cover the pan. I let them cook for a minute or two like this before I flip them.

 Collagen English Muffin batter in skillet

I portion the batter into the rings in my hot skillet and cover the pan to let them cook for 1-2 minutes.

Just before flipping them, I spray the tops with coconut oil spray to keep them from sticking after they’re flipped.



I spray the tops with coconut oil spray just before flipping them.

This can be a little tricky with a small pan like what I use (pancake griddle would work better), but gently flip each muffin over with a spatula and loosen and remove the metal rings.

 Collagen English Muffins flipped in skillet

Gently flip each muffin and
remove the metal rings.

I then take my spatula and even up the sides of each muffin while they cook for another 1-2 minutes.

 Even up the sides of the Collagen English Muffins with a spatula

Evening up the sides with my spatula.

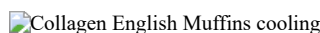
I then transfer them to my [silicone muffin top pan](#) (but you could also just set them on a plate) and finish cooking them in the microwave. I set mine for 1 minute and then flip them and cook for another 1 minute. This may vary for other microwaves. I recommend flipping them after the initial minute and then checking them every 30 seconds after that until the sides and tops are firm (but you don't want to overcook them or they may taste "dry"). When cooking a batch of 4 English muffins, it takes a total of about 2-2.5 minutes in my microwave.

 Transferring Collagen English Muffins to microwave

I then transfer them to the
microwave to finish cooking them.

They will be soft after cooking in the microwave. I like to make mine look and taste more like they were baked in the oven instead of the microwave. To brown them more and to give them a crispier/chewier crust I like to put mine in my air-fryer (oven/toaster oven would work, too) for a few minutes before cooling.

They continue to cook as they cool so I wait at least 10 minutes before opening/slicing them.

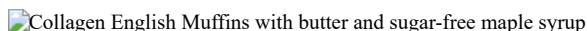


After cooling, I like to maximize the “nooks and crannies” by using a fork around the sides to pry open the muffins. They can also just be sliced in half, as well, with a serrated knife. If you discover that they needed more cooking after you’ve cut them, just put the halves back together and put back in microwave for 30 seconds or so.



Check out those “nooks and crannies”!!!! 🍪

And they’re ready to eat! Or toast and then eat! My favorite way to toast these is face down in a hot skillet with a little butter on the tops until they’re golden. And then I pour a little [sugar-free maple syrup](#) on them as a sugar-free honey alternative. They’re also yummy as cinnamon toast, too! 😊



Toasted in a hot skillet with butter and then topped with sugar-free maple syrup. 😊

How to make buns and sandwich rolls/bread:

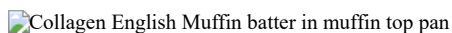
Read the directions above on how to make the batter. Once the batter is made, let it sit for about 5 minutes for the ingredients to expand/absorb. Then divide the batter into 4 equal quadrants.



Bun/sandwich roll batter divided into 4 equal quadrants.

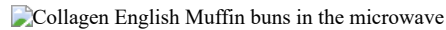
Next, I scoop the batter into my silicone muffin top pan (it won’t be much thicker than pancake batter). You could also use Pyrex containers (or anything that’s microwave safe). Just make sure to first grease/spray with coconut oil cooking spray to keep the batter from sticking. Also, the bigger the container (ie the more spread out/shallow the batter), the more quickly it cooks, so adjust your microwave cooking times accordingly.

I used a 4 cup square Pyrex to make the Fuel-Pull PB&J sandwich in one of the above pictures. I also made the “bread” for the grilled cheese (in a picture above) in a Pyrex dish. Since this “bread” was more spread out, it was not thick enough to slice horizontally, so I sliced it vertically down the middle instead and stacked the halves (with my sandwich fillings in between) to make a sandwich. It tasted just like a soft and fluffy white sandwich bread! 😊



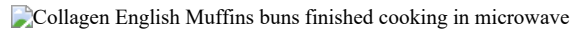
Batter equally portioned in muffin top pan.

I then put the pan in the microwave and cook for a total of 3 – 3.5 minutes. Of course, this will vary with all microwaves. I would initially cook these for 2.5 minutes and then in 30 second increments until the tops are firm. I don’t flip these like the English muffins (they’re a little more delicate).



Mine take about 3 – 3.5 minutes
to cook in the microwave.

They will be soft when they come out of the microwave. Gently remove them from the muffin top pan (or wait a few minutes before removing from Pyrex to let them firm up some first). I like to put mine in my air-fryer for a few minutes to brown the outside for the “just baked” look and taste.



How they should look when finished cooking in the microwave.

Since these are a little flatter than the English muffins, they cool a little quicker. I usually let the buns cool for 5-10 minutes before slicing.



Buns cooling after a toasting in
my air-fryer for a few minutes.

Once cool, I use a serrated knife to slice them in half. If you discover that they needed more cooking after you have already sliced them, just put halves back together and put back in microwave for another 30 seconds or so.

Now they’re ready to eat, or toast and then eat. Even as buns, they have a lot of “nooks and crannies”. They make a great cheater English muffin (if you don’t want to bother with the skillet step) and work great as toast or whatever! I even love them as garlic bread. And I bet they’d be great as mini pizzas, as well!



Bun sliced and ready to
eat, or toast and then eat!



The dough can also be shaped like slices
of bread (they don’t need to cook in a
mold) and microwaved on a silicone mat or
parchment paper. This is before cooking.

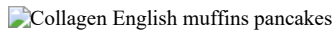


After cooking. Then slice each one into 2 thin
slices of bread to use for sandwiches. 🍞



You can also roll into cylinder
shapes for hot dog buns! 🍔

How to make Pancakes:



2 serving's worth of Collagen English Muffin pancakes, Deep-S style. With butter and [sugar-free maple syrup](#) on top and a side of scrambled eggs. 😊

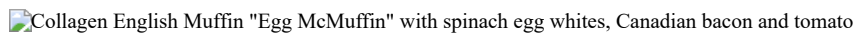
For gluten-free, nut-free and dairy-free pancakes that are compatible with **ALL** THM fuel-settings, make the batter like in the above instructions, but add:

- 1/2 TBS extra of “milk” per serving. So, with a single-serving, add 2.5 TBS of “milk” instead of just 2 TBS.
- Also add 1/4 tsp of vanilla extract (can also add maple extract, if you like) per serving.

You can have up to 2 servings-worth in a THM Fuel-Pull setting.

While the batter is expanding/absorbing for 5 minutes, heat your skillet. On med-low heat, spray a little cooking oil and start frying up the pancakes. Keep them on the smallish side so they're easier to flip. These are a bit delicate. Each serving makes about 2 smallish pancakes. The batter will be thick and will not spread much on its own (it will also not bubble or “puff” up much like other pancakes) so spread batter with the back of a spoon.

They do not fully cook in the skillet. Like the English muffins, they have to finish cooking in the microwave. Cook in 30 second increments until the centers are firm.



Fuel-pull “Egg McMuffin” with spinach egg whites, Canadian bacon and tomato. 😊

Helpful Tools for making Collagen English Muffins:







Collagen English Muffins: Keto GF DF THM All-Fuels

Recipe by blissfullyprepared

Course: **Breakfast, Bread, THM All-Fuels** / Cuisine: **American** / Difficulty: **Easy**

 Servings	 Prep time	 Cooking time	 Calories
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4 servings

10 minutes

2
minutes

57 kcal

Collagen English Muffins have it all, without the carbs or fat! High-protein, gluten-free, dairy-free, nut-free, keto, and THM All-Fuels!

Ingredients

Single-Serving English Muffin or bun:

- Mix and bring wet ingredients to room temperature:
 - * 2 TBS unsweetened almond milk or preferred “milk” or water
 - * 1 TBS egg whites
 - * 1/2 tsp melted [refined coconut oil](#), butter, or other fat
 - * 1/8 tsp apple cider vinegar
- Measure and mix dry ingredients together:
 - * 2 TBS (9g) [oat FIBER](#)
 - * 1 TBS (7g) [collagen](#)
 - * 1/4 – 1/2 tsp sweetener* (I use [Lakanto Golden](#) but any 1:1 sugar substitute should work fine) – I use 1/2 tsp
 - * 1/2 tsp baking powder
 - * 1/4 + 1/8 tsp ground psyllium husks (I use [NOW Whole Psyllium Husks](#) and grind into a fine powder in my coffee/spice mill BEFORE measuring)
 - * 1/16 tsp (pinch) [xanthan gum](#) or [glucomannan](#)
 - * 1/16 tsp (pinch) sea salt

Making 4 English Muffins or buns:

- Mix and bring wet ingredients to room temperature:
 - * 1/2 cup unsweetened almond milk or preferred “milk” or water
 - * 1/4 cup egg whites
 - * 2 tsp melted [refined coconut oil](#), butter, or other fat
 - * 1/2 tsp apple cider vinegar
- Measure and mix dry ingredients together:
 - * 1/2 cup (38g) [oat FIBER](#)
 - * 1/4 cup (28g) [collagen](#)
 - * 1 – 2 tsp sweetener (I use [Lakanto Golden](#) but any 1:1 sugar substitute should work fine) – I use 2 tsp
 - * 2 tsp baking powder
 - * 1.5 tsp (5g) ground psyllium husks (I use [NOW Whole Psyllium Husks](#) and grind into a fine powder in my coffee/spice mill BEFORE measuring)
 - * 1/4 tsp [xanthan gum](#) or [glucomannan](#)
 - * 1/4 tsp sea salt

Directions

- 1 Whether you are making one or 4 (or any other amount), mix your wet ingredients together and submerge the mixing bowl into hot tap water to quickly bring to room temperature. If making the full recipe, you can quickly warm the “milk” and egg whites in the microwave in 5-10 second increments (takes mine about 17 seconds total). Also, make sure to scroll through my picture instructions above to get an idea of how to make these before starting. They’re really quick and easy to make (don’t let all the pictures and details intimidate you) but the visuals will really help.
- 2 Measure and mix dry ingredients together.

- 3 Wet ingredients should be room temperature by now. Pour and stir wet ingredients into dry ingredients until just mixed. If making muffin(s), go on to step 4. If making buns, skip to step 10.
- 4 Start heating skillet and set English Muffin ring(s) or mason jar rings into skillet.
- 5 When skillet is hot, lower temperature to medium heat and spray ring(s) with coconut oil spray. Put equal amounts of batter into the ring(s), cover pan, and cook for 1-2 minutes.
- 6 Spray coconut oil on top(s) of muffin(s) just before flipping over. Cook for another 1-2 minutes on other side. In the meantime, gently remove ring(s) from the muffin(s) and use spatula to even up sides of muffin(s).
- 7 Remove the muffin(s) from pan and either set in/on a microwave safe dish/container and microwave for about 90 seconds for single-serve or 2 – 2.5 minutes for 4 muffins (I flip mine over half way through cooking to help them cook more evenly). **Times will vary for every microwave.** They are done with the sides and tops are dry and firm (but don't let them overcook). Cook in additional 30 second increments until fully cooked.
- 8 The microwave makes these more of a soft English Muffin. I like to pop mine in the air-fryer/oven/toaster oven for a few minutes to brown the outsides more and to make them crispier/chewier.
- 9 Allow the English muffin(s) to cool for at least 10 minutes before slicing. They will have more “nooks and crannies” if gently pried open with a fork around the sides. Then they're ready to eat, or toast and then eat. Store in fridge or freezer (slice before freezing).
- 10 If making buns, follow the first 3 instruction steps above and then:
 - * Let dough rest for about 5 minutes before portioning into greased silicone muffin top pan or other microwave safe container.
 - * Evenly portion dough into muffin top pan, even/smooth tops, and microwave for 2.5 minutes and then in 30 second increments after that until tops are firm (takes about 3.5 minutes for me). **Times will vary for every microwave.** I do not flip these over like I do with the muffins (they're more delicate).
 - * Either allow to cool or put in air-fryer or oven/toaster oven for a few minutes until slightly golden (may need to let cool for couple minutes before removing from microwave container). Allow to cool for 5-10 minutes before slicing and/or eating.

Notes

 If any ingredients appear to have a line through them, just click to side of ingredient (or on another ingredient) and the line should disappear. It's a feature of the recipe plugin that allows people to cross off ingredients as they add them to a recipe. Also, the print feature of this plugin is a little wonky so **always check over recipe print-outs** to make sure all ingredients are included and correct. Another option is to copy and paste the recipe text and print through a different program.

 Each English Muffin or bun is approximately 57 calories, 0.1g net carbs, 2.1g fat, and 7.8g protein.



These can also be baked in oven but take a full hour at 350* and, while they will be fully cooked, they will have a “wet crumb”. This is why I recommend the microwave method instead. But toasting them helps!



If using a different sweetener, check out this [sweetener conversion chart](#).



I do not recommend subbing whey protein for the collagen in these. They will be very dry tasting with whey protein. But, if you want to try it, use about 25% less than what the recipe calls for. They likely will cook faster, too.



These can be made egg-free but do not rise as much and are a little drier tasting. Just sub extra “milk” for the egg whites and double the ground psyllium.



Coconut flour can be subbed for oat fiber but will be more dense. Use 25% less coconut flour than what the recipe calls for. So use 1.5 TBS coconut flour for every 2 TBS oat fiber.



I have not tried any subs for the psyllium but golden flaxseed meal may work.

 [Oat Fiber 500](#) [LifeSource Foods Oat Fiber 500](#)

Nutrition Facts

4 servings per container

Amount Per Serving

Calories **57**

% Daily Value *

Total Fat 2.1g **4%**

Total Carbohydrate 6.8g **3%**

Dietary Fiber 6.7g **27%**

Protein 7.8g **16%**

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

You might also like:

[Keto Biscuits and Gravy: THM Deep-S GF DF EF NF](#)

[Collagen Thins: THM All-Fuels GF/DF/EG/NF](#)

[Perfect Keto Bagels: NO CHEESE THM All Fuels](#)

[Keto Dinner Rolls – NO CHEESE – THM-Deep-S](#)

[Keto Cinnamon Rolls – NO CHEESE – THM Deep-S](#)

[Keto Bread THM-Fuel-Pull Low-Calorie Gluten-Free](#)

[Sugar-free Strawberry Jam Keto THM-Fuel-Pull](#)

[Sugar-free Maple Syrup THM Keto](#)

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